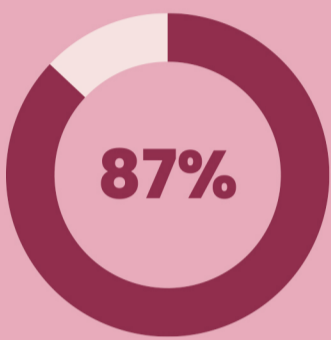




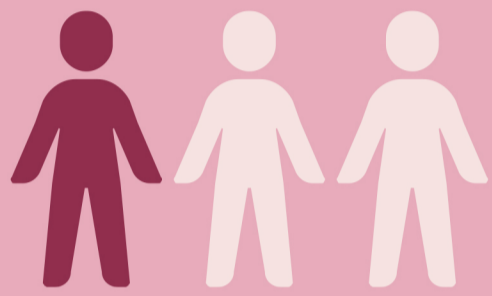
BLACK MATERNAL MENTAL HEALTH

The mental health of Black moms is in crisis. Weathered by a lifetime of systemic racism, discrimination, and structural inequities, Black women experience high levels of trauma exposure that deteriorate their physical and mental health. This increases the risk of mental health disorders among Black birthing people.

Black women face PTSD rates **four times higher** than others during pregnancy.



87% of Black women reported being exposed to at least one or more traumatic event during their life-time.



One in three Black women report mistreatment by healthcare providers – nearly twice the rate of white women – including being ignored or denied help.



Mistrust between Black women and healthcare providers may increase the risk of birth trauma, potentially leading to PTSD and other MMH disorders.



The **toxic stress of racism harms Black and Brown people's physical and mental health** – and can even damage their DNA.

WHAT NEEDS TO HAPPEN

1. Expand access to culturally centered care and services
2. Diversify the workforce
3. Increase peer mental health support
4. Collaborate and fund work with BIPOC-led birthing justice organizations
5. Secure funding and support for implementation of the AIM Patient Safety Bundle on Perinatal Mental Health Conditions